1. Prameha
2. Vatavyadhi
3. Rakta pitta
4. Gulma
5. Jvara
6. Kusta
7. Sosha
8. Unmada
9. Pandu
10. Kamala
11. Udara
12. Shitapitta, Udarda, Kotha
13. Shvitra
14. Visarpa.
15. Amavata
16. VataRakta
17. Snayugatavata, Ghridrasi, Vishwachi
18. Atisara
19. Grahani
20. Shotha
21. Amlapitta
22. Mutrakrichra
23. Kasa
24. Shwasa
24. Rajayakshma
25. Hikka

PRAMEHA

→ Introduction

- प्रमेह is a spectrum of disease involve 1° Medovaha srotas & Mutravaha srotas
- All आचार्य explained प्रमेह is due to vitiation of All 3 dosha.

→ Pratyatma laxana of प्रमेह

1. प्रभूत मूत्रता → ↑quantity / inc freq / or both
2. आविल मूत्रता → passage of turbid urine.

→ Types — 20

- Kaphaja → 10
- Pittaja → 6
- Vataja → 4

Kaphaja
1. Udakameha
2. Ikshuvalikarasa
3. Sandra
4. Sandraprasada
5. Shuklameha
6. Shukra
7. Shita M
8. Sita M
9. Shanais M
10. Alalameha

Pittaja
1. Kshara
2. Kala
3. Nila
4. Rakta
5. Manjistha
6. Haridra

Vataja
1. Vasameha
2. Majja
3. Hastimeha
4. Madhumeha

→ Purvarupa

1. मधुर्यमास्यस्य (sweetness in Mouth)
2. निद्रा (Excess sleep)
3. आलस्य (laziness.)
4. पिपासा (Thirst)
5. परिदाह (Burning sensation)
6. सुप्तता (Numbness)
7. Attraction of Ants & insects by body & Urine
8. Dryness in Mouth, palate & throat. (मुख तालु कण्ठ शोष)

I. KAPHAJA Prameha

→ Nidana

1. Intake of Harenu (Pea) & माष (black gm) with ghee
2. Eating (Gramya - Anupa, Udaka मांस) (domt) (Marsh) (aq)
3. Eating इक्षुविकार (sugarcane prep^n)
4. Freq use of क्षीर, नव मद्य, मधुर & not properly prepared curd.
5. Udvartana & vyayama
6. स्वप्न, शयन & sedentary habit (Alasya)
7. Other factor which increase Kapha, Meda & Urine

→ Dosha involved

- Fluidity of Kapha (द्रव)

→ Dushya involved

1. शारीरिक
2. रस
3. Ojas
4. Rakta
5. Mamsa
6. Meda
7. Vasa
8. Majja
9. Shukra
10. Sharirja Kleda

→ Samprapti

Nidana
↓
कफ प्रकोप
↓
Mixed with Meda
↓
Join with Kleda & Mamsa
↓
Body fluids are further vitiated & Transformed into Urine
↓
Kapha reaches Mutravaha srotas & obstructs
↓
Kaphaja prameha

→ Types

① Udakameha

- Udakopamam (water like)
- Bahu (large quantity)
- Sitam (white)
- Shitam (cold
- Nirganda (odourless)

② Ikshuvalikarasa

- Atyastha Madura (excess sweet)
- Sitam (cold)
- Isat pichilam (slightly slim)
- Avilam (Turbid)

③ Sandrameha

- Urine kept over night → thickness or viscosity increa

④ Sandraprasada

- Kept overnight → partly dense & partly clear

⑤ Shuklameha

- Shuklam pistanibham (whitish as if mix with flour)
- Abhikshanam (freq)

⑥ Shukrameha

- Shukrabham (semen like)
- Shukramishram (Mix with semen)

⑦ Shitameha (शीत)

- Atyartha Maduram (↑ sweet)
- Shitam (cold)

⑧ ~~Sitameha~~ Sikata

- Murta & Anu (passing hard & small Particles in urine)

⑨ Shanair Meha

- Krichram (diff in pass.)
- Avegam (No force)
- Mandam (little quant)

⑩ Alalameha

- Tantubadham (thready like saliva)
- Pichilam (slimy)

II PITTAJA Prameha

→ Nidana

① Excess Intake of Katu, Amla, lavana, Kshara, Ushna. Ahara

② Ajirna bhojanopasevana (~~Eating~~ Eating before dig of prev)

③ Exposure to sun, Heat, क्रोध.

④ Vishama Ahara sevana. (irregular & mutually contradictory food)

→ Types

① Kshara Meha

- Gandha, ~~Varna~~ Varna, स्पर्श, taste like Kshara

② Kala Meha

- मसि वर्ण (Black)
- Ushna.

③ Nilameha

- Blue colour like bird चाष.
- Amla

④ Raktameha

- ~~Ka~~ lavana
- Raktam (red colour)
- Ushna
- Visram (raw meat smell)

⑤ Manjista

- colour like Manjista decoction
- Visram.

⑥ Haridrameha

- Katu
- colour like turmeric water.

III. VATAJA Prameha

→ Nidana.

1. Excess Katu, Tikta, Kashaya, ruksha, laghu.
2. Excess vyayama, vyavaye
3. suppression of Natural urge
4. Excess → 5 Karma
5. Jagarana, Atapa, Fasting.

→ Samprapti

- Aggravated vata in body circulating with Vasa
  ↓
  Enters the channels carrying Mutra (Mutravaha srotas
  ↓
  Vasameha

- Aggravated vata
  ↓
  Carries Majja to urinary organ
  ↓
  Majja meha

- Aggravated vata
  ↓
  Carries lasika → Mutravaha srotas
  ↓
  Hastimeha

- If vata by its dry quality change sweetness of ojas (Madura) into (kashaya)
  ↓
  Enter Mutravaha srotas
  ↓
  Madumeha

→ Sadhyasadyata

- Kaphaja types → साध्य
- pittaja → याप्य
- vataja → असाध्य

→ Upadrava

1. Trsna
2. Aruchi
3. Aripaka.
4. Daha (Burning sens^n)
5. Atisara.
6. Jwara
7. Dourbalya
8. Putimamsa (putrefaction of muscles) —

VATAVYADHI

→ Introduction

- Vata vyadi is most commonly observed spectrum of dis in Ayu. clinical practice.
- It may involve any part of body
- Occurs mainly 2 pathological mechanism
  1. Margavarana (obstruction)
  2. Dhatu kshaya (depletion of body tissue)

→ Defⁿ

- वातजानितांऽसाधारण व्याधिर्वातव्याधिरिति ।

Atypical manifestation of the disease due to vitiation of vata → VV

→ Nidana

1. Excess consumption of रूक्ष subst or Exposure to dry environm
2. Excess consumption of शीत or exp to cold env.
3. अल्प भोजन
4. रात्री जागरण
5. अति व्यायाम
6. अति व्यवाय
7. लङ्घन
8. क्रोध
9. दिवास्वप्न (santarpana effect)
10. वेग संधारण
11. मर्माघात
12. भय, क्रोध, दुःख
13. excess शोधन
14. excess रक्तमोक्षण

→ Purva rupa

- अव्यक्त laxana (poorly manifested symptom)

→ Samprapti

- vitiated vata
  ↓
  Fill the empty space of srotas
  ↓
  Manifestation of vata vyadi
  (एकाङ्ग or सर्वाङ्ग)
  (localised generalised)

→ Samanya laxana

1. रोमहर्ष (Horripulation)
2. प्रलाप
3. अनिद्रा
4. गर्भ शुक्र रजो नाश [Destⁿ of Garbha, loss of shukra) loss of Menstruation]
5. Stiffness in joints
6. Tearing pain in Joints & bones
7. शिरोनासाक्षिजत्रुग्रीव हुण्डनम्
   - cracks or dandruff on scalp /Head
   - loss of smell perception
   - paralysed obscured around eyes
   - Disturbance of Neck region
   - Stiffness of neck region

RAKTA PITTA

→ Intro

- RP is a spectrum of dis where there is tendency of spontaneous bleeding across natural orifice or through skin.
- द्रव quality of pitta ↑.
- Here Abnormaly vitiated पित्त combine with Abnormaly vitiated रक्त.
  ↓
  RP
- In this condⁿ both Rakta & pitta have similar colour & smell.

→ Nidana

1. Intake of food containing यावक उद्दालक & other food substance having उष्ण & तीक्ष्ण Guna. along with pulses like माष & Kulatha.
2. Intake of Meat of
   - Pig
   - cow
   - Buffalo
   - Sheep
   - Matsya (fish)

   } along with suska shaka (dry vegetables)
3. Freq intake of raw milk excessives after exposing to sun.
4. Milk with Kulatha, Jambu & Badari after exposing to sun/Heat.

→ Defⁿ

- संसर्गाल्लोहितप्रदूषणाल्लोहितगन्धवर्णानुविधानाच्च पित्तं लोहितपित्तमित्याचक्षते।
- संसर्गात → contact of P & R
- लोहितप्रदूषणात → vitiation of Rakta
- लोहितगन्धवर्ण → posses smell & color of Rakta
  ↓
  pitta called → RP

→ Purvarupa

1. अनन्नाभिलाष (lack of desire for food)
2. भुक्तस्य विदाह (Burning after food intake)
3. परिदाह (Burning All over body)
4. अङ्गवेदन (Body pain.
5. Freq vomiting
6. vomiting with foul smell.

→ Types

1. Urdhvagata → साध्य → Pitta & Kapha
2. Adhogata → याप्य → Pitta & vata
3. Ubhayagata → असाध्य → Tridosha.

1. Urdhvaga
   - pitta & kapha
   - Virechana Treatment
   - साध्य
   - Avail of lot of Medicine
2. Adhogata
   - Pitta & ~~kap~~ Vata
   - Vamana
   - याप्य
   - limited Med.
3. Ubhayagata
   - Tridosha
   - No Treatment → असाध्य.
   - ∵ Unavailabity of Med.

→ Principles of Treatment of R.P

1. Santarpana or Apatarpana
2. foods & drinks have → Mrudu, Madhura, Tikta, Kashaya, cold
3. other Measure → (1) ointment
   (2) Pariseka
   (3) Avagaha
   (4) vamana etc

→ Reason for curability & non-curability

① Urdhvagata

- Suitable treatment → Virechan
  ↓
- Lots of Medici   Best for pitta.
- Drugs having Madhura can be used

② Adhogata

- Vamana not much Helpful in Managmet of RP
- ↓ Med.
- Vamana not best → ↓ pitta.
- Drugs having Kashay & Tikta
  ↓
  not useful
  ↓
  ↑ pitta.

③ Ubhayagata

- Vamana & virechana → Both not use
- Tridosha involve.
- No Med.
- Principle of Treatment of RP is Against Pathaga b which won't work here

→ ~~Upadrava~~ Causes for incurability

① Upakrama Abhava (lack of Equip)
② Daur Atma (lack will power)
③ Vaidya dosha (fault Dr)
④ Akarma (improper treatment)

↓

These Above turns
साध्य RP → याप्य
याप्य RP → असाध्य.

→ Asadya laxana

① Bleeding color → Krsna (Black)
Nila (Blue)
② Excess bleed with putrified smell
③ Associated with All ~~too~~ upadrava
④ Viewing All objects → Red.
⑤ Bala & मांस क्षय.

→ Upadrava

① Dourbalya
② Shwasa
③ Kasa
④ Aruchi
⑤ Avipaka
⑥ Jwara
⑦ Atisara
⑧ Sopha
⑨ Pandu roga
⑩ Svarabheda

→ ~~Samprapti~~ Rupa

① Urdhv → Bleeding nose, Eye, Ear, Mou
② Adho → Bleedin Anal & Urethra
③ Ubhaya → Both dirn bleed.

→ Samprapti

निदान सेवन
↓
पित्त प्रकोप
↓
प्रकोपित पित्त move all over body & reach Mula of Raktavaha Sroto i.e Yakrit & pleeha
↓
Here pitta vitiates the Rakta
↓
The blood vitiated from pitta come out.
↓
Starts bleeding
↓
RP

GULMA NIDANA

→ Introdⁿ

→ Type

1. Vata
2. Pitta
3. Kapha
4. Rakta
5. Nicaya → incurable

→ Methods to understand the features of Gulma

- specific features of All type of Gulma can be known from.

1. समुथान
2. Purvarupa
3. linga
4. vedana (various type of pain
5. Upashaya

→ Purvarupa

1. अनन्नाभिलाष
2. अरोचक
3. अविपाक
4. अग्निवैषम्य (Erratic dig fire)
5. Burning sensⁿ ~~after~~ during dig.
6. Manifestⁿ of urge for flatus, urine faece doesnot occur.
7. दौर्बल्य
8. AntraKujanai

1. VATA GULMA

→ Nidana

1. Excess intake of शीत आहार
2. underwent वमन & विरेचन without स्नेह.
3. ↑ व्यवाय, व्यायाम, शोक, मद्य.
4. suppression of urine, flatus, faece
5. forceful expulsion of vomiting - there is no urge
6. Drinking plenty of नवोदक after consuming Heavy food.

→ Samprapti

निदान सेवन
↓
वात प्रकोप
↓
Enter महास्रोतस
↓
Become Round & Hard due to रूक्ष गुण & Spreads in the body
↓
settle down diff places like Hrdya, Vasti, Parsva, Nabhi
↓
Then produces Colic pain & various type of Nodules.
↓
V Gulma

→ laxana

1. frequent inc & dec in the size of गुल्म
2. Irregularity in nature of pain
3. पिपीलिकासंचार - often feel like ant are crawling on limbs.
4. Fever at the end of day.
5. There is freq presence and Absence of नाद, भेद, स्फुरण, आयाम, सङ्कोच सुप्ति, हर्ष.
6. कृष्ण & अरुण colour & Roughen in skin, nail, eyes, face, urine faeces

2. PITTAJA GULMA

→ Nidana

1. कटु द्रव्य (?)
2. Exposure to wind & sun
3. अध्यशन (Excess consumpt even dig of prev food)
4. conduction of वमन when stomach is dry.
5. Intake Food subst cause Burning sensation such as Amla, Katu, lavana, Ushna, Tikshna sour fruits, Mamsa

→ Laxana   हृद्दाह

1. Burning sens^n → Heart, throat, Chest & Abd
2. Sour eructation
3. Feeling as if smoke come out while belching
4. Greenish & Yellowish color skin, Eye, nail Urine, faeces
5. Various complic^n → thirst, dryness of throat Palate, Mouth

→ Samprapti

निदान सेवन
↓
वात प्रकोप
↓
प्रकुपित वात takes प्रकुपित पित्त & circulates in body & settle down in आमाशय
↓
Produces diff type of pain as in वातगुल्म
↓
Cause Burning in Hrudaya, parsva, Basti & कण्ठ.
↓
Pitaja Gulma

3. KAPHAJA GULMA

→ Nidana

1. वेग धारण
2. Drinking of ↑ water after Heavy food.
3. Intake मन्दक (improper prep curd) & HEAVY
4. Prep^n of Jaggery, Tila, rice flour, milk.
5. ↑ Food intake
6. Intake of food → गुरु, स्निग्ध, शीत, मधुर

→ Samprapti

Nidana sevana
↓
वात प्रकोप
↓
प्रकुपित वात takes प्रकुपित कफ & settle at one place of आमाशय
↓
Diff types of pain
↓
Cause शीतज्वर, अरोचक, अविपाक, हर्ष
↓
Kapha Gulma

→ Laxana

1. Whitish → skin, Eye, face, urine, faeces
2. शीतज्वर, अरोचक, अविपाक, Alasya, Heaviness

4. RAKTA GULMA

→ Nidana

1. वेग धारण
2. वातकर आहार सेवन immediately after
   - आमगर्भ (Abortion)
   - प्रजाता (After del)
   - Rtu Kala (during Menst)

→ Samprapti

Nidana sevan
↓
Vata prakopa
↓
प्रकोपित वात Enters योनिमुख
↓
Stops the आर्तव
↓
Causes कुक्षिवृद्धि (Kukshi vridhi)
↓
Raktaja Gulma

→ Laxana

1. दोहद: — Desire towards specific item
2. Romaraji - Appearance of small hairs below umbilicus
3. Vaginal discharge foul smell
4. dilation of vaginal orifice
5. Vomiting, Diarrhea, Avipaka, Arochaka
6. Sec^n of breast milk

5. NICHAYA GULMA

→ Nidana

It is caused by the factors responsible for Vitiation of All the त्रिदोष

→ Laxana

- Holds All clinical feature of All the 3 types of Gulma

* Incurable (due to mutually contradictory in Principles of Managmt)

→ PRINCIPLE OF Treatment

* Gulma which is involved by 1 Dosa should treat Acc to specific Dosa involved.
* Initially Vata controlling treatment should be done by means of Sneha, स्वेद, Mrdu Sneha Virechana & Vasti.
* Drugs & Diet → Sour, Salt, Sweet (Vata ↓)
* If Vata is controlled in Gulma with Minimum effort the other Dosas can be brought back to their normal state & treated successfully

JVARA

→ Intro

- Jwara is considered as first dis originated acc to आयुर्वेद due to Anger of Lord Shiva.
- This dis considered as pitta dominant
- Afflicts Rasavaha & sweedavaha srotas with Sanga & vimargagamana as type of sroto dusti

→ Types

1. 1 type → all fever possess Santapa
2. 2 type → Desire towards hot & cold
   - (i) Shita
   - (ii) Ushna

→ Causative factor
- (i) Nija
- (ii) Agantuja

3. 3 type → (i) Vata, (ii) Pitta, (iii) Kapha } Based on tridosha
4. 4 type → (i) Vata, (ii) pitta, (iii) Kapha, (iv) Agantuja
5. 7 type → Ekaja, dvandaja, Sannipataja
6. 8 type → V, P, K, VP, VK, PK, VPK, Agantuja.

→ Purvarupa

1. अनन्नाभिलाष
2. अरुचि
3. अविपाक
4. मुखवैरस्य (Bad taste in Mouth)
5. गुरुगात्रत्वम (Heaviness in body)
6. Dislike children
7. आलस्य.
8. दौर्बल्य
9. अङ्गमर्द
10. Dislike sweet, Like sour, salt, Pungent food subst

(1) VATAJA

→ Nidana
1. Ruksha, laghu, sita अतिसेवन
2. Vamana, virechana, Asthapanavasti, Sirovirechana अतियोग
3. अतिव्यायाम, अतिव्यवाय.
4. जागरण
5. वेगधारण
6. शोक
7. अभिघात (Injury)

→ Laxana
1. Irregularity in Temp.
2. Irregularity in severity & mildness
3. onset or inc of fever at the End of day, End of dig, End of night.
4. Roughness & Redness → Eye, Skin, Urine, face, stools.
5. Dryness → Mouth, palate, throat
6. Desire towards Hot (उष्ण) food

→ Samprapti

निदान सेवन
↓
वात प्रकोप
↓
आमाशय रस दुष्टी
↓
रसवह & स्वेदवह Sroto Block
↓
Expulsion of Agni from Amasaya & spread All over Body
↓
Vata Jwara

(2) PITTAJA JWARA

→ Nidana.
1. Excess intake → Hot, sour, saline, Pungent Alkaline.
2. Intake of food during Indigestion
3. Exposure to sun, fire,
4. Anger
5. विषमाशन:

→ Laxana

1. Feels pungent taste in mouth.
2. Thirst.
3. Hyperpyrexia
4. Excess burning sens^n (संताप)
5. Desire cold substance
6. Commencement, Aggravation of fever takes place at a time in All over body especially → during day, Midnight, noon hours.

→ Samprapti → Same as vata. (But Pitta prakop)

3) KAPHA JWARA

→ Nidana

1. दिवास्वप्न
2. अव्यायाम
3. Excess intake → स्निग्ध, गुरु, salty, cold, मधुर, sour.

→ Laxana

1. गुरुगात्रता
2. प्रसेक
3. Feeling of sweet in mouth.
4. Desire Hot food.
5. Commencement & aggravation at a time all over body. Esp → Early morning, Early hours of night
6. अनन्नाभिलाष.
7. Nausea

→ Samprapti → Same as Vata (But Kapha prakopa)

4) DVANDVAJA & SANNIPATA

→ Nidana

1. combi^n of All above mentioned & following ↓
2. विषमाशन
3. Seasonal variation
4. Sudden change in food habits
5. fasting.
6. Improper deliveries & inappropriate care after Deli.
7. improper conduction of therapies like oleation, sudation, Emesis Etc.

→ Laxana

• All laxanas mentioned for Ekaja jwara

5) AGANTU

→ Nidana

1. Abhigata → inj → vata.
2. Abhisanga → possession of evil spirit → V & P.
3. Abhicara → Recitation of Mantra } Tridosa
4. Abhishapa → Curse of curse, Sidda } Tridosa

→ Treatment & lax

• As etiology, laxana, Treatment for Agantu jwara differ from rest ⑦
• Thus Agantu can be treated with
   1. Daivavyapasraya
   2. Yuktivyapasraya chikitsa

→ Chikitsasutra of Jwara

1. Immediately After appearance of Purvarupa
   Advice → light food (Laghavasana)
   Fasting (Apatarpana)
2. After that following measures should be taken based on involvement of Dosa & its therapeutic indications.
   1. Kasaya
   2. Abhyanga
   3. Sneha
   4. Svede
   5. Pradeha
   6. Parisecka
   7. Vamana
   8. Virecha
   9. Basti
   10. Nasya
   11. Dhuma
   12. Anjana
   13. Ksira Bhojana

→ Ghee in Jeerna Jwara

• Processed Ghee → reduce → Tridosa.

Vata ↓ → Sneha Guna
Pitta ↓ → Sita
Kapha ↓ → Samskara

KUSTHA

→ Intro

- Kusta → spectrum of dis.
- Involve All (3) dosha
- Chirakari

→ 7 Dravya

- Following (7) body elements when gets vitiated are responsible for manifest' → Kusta
  - (3) Dosa
  - Tvak, Mamsa, lasika, Rakta

→ Classⁿ

- Kusta → 7 types / → 18 types / → innumerable.

Kusta

Mahakusta — (7)

Kshudra K. — (11) (RogaNidan)

Mahakusta:

1. Kapala (V)
2. Udumbara (P)
3. Mandala (K)
4. Rishyajihva (VP)
5. Pundarika (PK)
6. Sidhma (VK)
7. Kakanaka (VPK)

Kshudra K.:

1. Ekakusta (V + K)
2. Charmakya (V + K)
3. Kitibha (V + K)
4. Vipadika (V+K)
5. Alasaka (V + K)
6. Pama
7. Shataru
8. Visphota — (6–8) (P + K)
9. Dadhru (P & K)
10. Charmadala (PK)
11. Vicharchika (K)

→ Nidana

1. Sudden change from cold → hot
2. अतिव्यायाम, अतिव्यवाय
3. Exposure to Heat after eating below food.
4. Regular intake of large quanti → Madhu, Matsya, Lakucha, Phanita
5. intake → Milk + Chilichima,
6. Suppression → Vomiting
7. Excess → स्नेहपान
8. Intake of food mainly prep with Yavaka, Udalaka, Hayanaka with Kshira, dadhi, Takra, Kulatha, Masa & unctous subst

→ Purvarupa

1. अस्वेद or अतिस्वेद
2. परुष / अतिश्लक्ष्णता (Rough / Excess smooth)
3. वैवर्ण्य (Discol')
4. Itching (कण्डु), Numbness (सुप्तता), Burning sen' (दाह), Tingling
5. Freq Appearance of Oedema.
6. Releasing of heat.

→ Samprapti

निदान सेवन

↓

Simultaneous त्रिदोष प्रकोप

↓

शैथिल्यता of त्वक, मांस, रक्त & लसीका

↓

स्थान संश्रय of aggravated दोष in त्वक

↓

कुष्ठ

→ Complications

- If curable Kusta not given proper treatment Germs develop & cause following compⁿ

VATA	PITTA	KAPHA
• Roughness	• Burning senⁿ	• Coldness
• Dryness	• Sweating	• Itching
• Pain (रुजा)	• Redness	• Sweating
• Numbness	• स्राव	• Heaviness
• Black & red colour.	• Softness of tissue	• whiteness

→ Sadyasadyata

- Kakanaka → Asadya
- Others → Curable.

→ Diff b/w Mahakusta & Kshudra

Mahakusta	Kshudra
1. Deeper dhatu afflicti.	1. not deeper dhatu
2. widespread affliction of skin	2. localized or patchy
3. Severe dosha vitiation seen	3. Mild dosha vitiation seen
4. Associated with purvarupa like Tvak Sankocha, Etc	4. Not Associated with Purvarupa.

LAXANAS

KAPALA

- Colour → Red (like piece of earthen pot)
- Numbness as if paralized.
- Uneven spread & have rough edges
- Infected with germs
- less itching
- Burning sensation
- Discharge of pus & serum

AUDUMBARA

- colour → ताम्र
- covered with copper coloured rough hairs
- ↑ thick discharge of Pus, Blood & lymph
- Itching
- Burning sensation
- Appear like ripe fruit of Udumbara

MANDALA

- colour → white & Red
- covered with white rows of hairs
- excess moisture.
- Itching
- Germs.
- patches → round in shape

RSYAJIHVA

- colour → Blue, yellow
- slight → Moisture / → itching / → Germs
- Raised in middle with thin edges.
- ↑↑ Burning Sens

PUNDARIKA

- colour - ~~Margins red~~ white & red
- Margin → Red colour.
- Covered with red lines & blood vessels.
- Itching
- Germs
- Burning sens
- पाक (suppuration)

SIDMA

- colour → colour of अलाबु flower
- Appear large in number
- ↓ itching
- ↓ pain
- ↑ Burning sens
- pus & serum sec

KAKANAKA

- colour → color of गुंजा seeds → initially. → subsequently acquires the clinical features of All type of Kutha.
- Inhwabls
-

Kshudra Kusta

1. Ekakushta
- अस्वेदन
- Affect large area, widespread
- मत्स्य (Appear like skin of fish)

2. Charmakya
- Skin lesion → Thick
  → Hard like Elephant skin

3. Kitibha
- श्याव (Black lesion)
- खर & परुष (Rough & dry lesion similar to the Appearance of Healed wound.

4. Vaipadika
- Cracks → soles
  → palm.
- Associated with severe pain

5. Alasaka
- Skin lesion → Red
- profuse itching

6. Dadru
- Circular lesion.
- small redish lesion
- itching

7. Charmadala
- itching
- Reddish lesion
- painful skin eruption
- Appearance of fissure in skin eruption
- Tenderness in skin eruption

8. Pama
- white, reddish or blackish skin eruption
- itching

9. Visphota
- whitish or redish skin eruptions
- Thin skin eruption

10. Shatarary
- Multiple wound formation
- Burning sensn
- Redish or Blackish skin erupn

11. Vicharchika
- Blackish skin eruption
- Itching
- Excess oozing from skin lesion

→ **Dosha Anusara Kusta laxan**

1. Vataja kusta laxana
- Dryness of skin
- shrinkage of skin
- pricking pain
- Roughness of skin
- Horripulation
- Blackish or reddish discoln

2. Pittaja
- Burning sensn
- Redness
- Foul smell
- Inc Moisture
- pus formatn
- secretion
- shedding of tissue from wound

3. Kapha
- Itching
- cold in touch.
- whitish discoln
- Heaviness
- unctuous of skin lesn
- Appearance of maggots in wound

APASMARA

→ Types
- ① V
- ② P
- ③ K
- ④ Sannipata

→ **Nidana**

① when मनस् covered by रजस् & तमस्

② when दोष excessively aggravated.

③ If person takes अशुची आहार, contaminated with अपवित्र द्रव्य & served with dirty hands.
or
Improperly prepared

④ Not follow dietic rules.

→ **Samprapti**

निदान सेवन
- वातादि दोष प्रकोप
- रज-तम प्रकोप

↓

प्रकोपित दोष enter हृदय & spreads to Indriya.

↓

Enters संज्ञावही स्रोतस

↓

स्मृतिनाश

↓

अपस्मार

→ **Purvarupa**

1. भ्रम
2. मूर्च्छा
3. अरुचि
4. अविपाक
5. अनन्नाभिलाष
6. Darkness before eyes.

→ **Pratyatma laxana**

① आवस्थिकं तमःप्रवेश (temp loss of consciousness)

② बीभत्स चेष्टा (Actions such as froth from Mouth)

→ **Samanya chikitsa sutra**

- Dosaja
  - Tikshna Shodhana
- Agantuja
  - Mantra
  - Homa
  - Bali

- In general अपस्मार should be treated with suitable purification measures like
  - Vamana
  - Virechana
- Also Treat with शमन with strong medications

SOSA NIDANA

→ Intro

- Sosa is the spectrum of dis where patient will be having excess depletion of body tissue

→ Nidana → 4 types

1. Sahasa
2. Sandharana
3. Kshaya
4. Vishamasana

1. SAHASA

1. Fighting against strong person
2. Too much speaking
3. Massaging body with high pressure
4. Carrying heavy load.
5. Pulling a heavy Bow.
6. Swimming in water for a longer distan
7. Indulging in excess physical exercise.

2. SANDHARANA

1. Suppression of natural urges like मूत्र, पुरीष, वायु . may be happened due to भयात, प्रसङ्गात (Engaged), due to ह्रीमत्वात (Embarassment) due to घृणात (haterdness) in the following condition

- when person is in front of King. (राजसमीपे)
- भर्तुः समीपे (near husband / Master)
- गुरु पादमूले (sitting at feet of preceptor)
- while travelling in vehicle.
- द्यूतसम (while gambling)

3. KSHAYA.

1. when heart is afflicted with शोक & चिन्ता
2. when suffering from ईर्ष्या (Jealousy), उत्कण्ठा (anxiety) भय, क्रोध
3. Indulging in food which causes dryness in body when he is suffering form (कृशता).
4. Intake of अल्पाहार or न आहार when person is (दुर्बल).
5. If the person is not treated at this stage leads to → RAJAYAKSHMA

→ SHUKRA KSHAYA

- Due to अतिहर्ष (excess excitment) & अतिप्रसक्तभाव (over passion) towards sexual intercourse leads to शुक्र क्षय.

4. VISAMASANA

- Intake of food & Drinks without following rules prescribed as अष्ट विध आहार विधी विशेषायतन.

→ Purvarupa R.Y

1. Sweetness in Mouth (मुख माधुर्यम)
2. अनन्नाभिलाष (Aversion)
3. स्त्रीकामता (Desire towards women)
4. Excess Mucus secⁿ
5. Excess sneezing.
6. प्रतिश्याय

→ Eka dasha Rupa of RAJAYAKSHMA

1. शिरसः परीपूर्णत्वं (Heaviness in head)
2. श्वास
3. कास
4. स्वरभेद
5. श्लेष्मणश्छर्दनं (Vomiting of phlegm)
6. शोणितष्ठीवन (Hemoptysis)
7. पार्श्वसंरूजा (pain in flanks)
8. ज्वर
9. अतिसार
10. अरुची
11. Twisting pain in flanks. (अंसावमर्द)

→ Sadya lax

- If person ओज, मांस, Rakta are not depleted & has strong body & not afflicted with any compl

↓

Curable साध्य

Even though exhibits All clinical features

Bcz He is strong → He can tolerate dis & potent medicine

May felt dis with complete sympt as mild

→ Asadya lax → if person weak with

- Rakta, Bala, Mamsa, loss.
- & some clinical features without complic

↓

Treat as serious one

Bcz (1) Cannot tolerate Acuteness of dis

(2) potent med.

* He should be discarded Bcz fatal signs develop.

UNMADA NIDANA

→ **Types**
- ① V
- ② P
- ③ K
- ④ Sannipata
- ⑤ Agantuja

→ Nidana

① भीरुणाम (when some one is nervous)

② Mind afflicted with रजस & तमस.

③ When दोषs are aggravated

④ who eat impure food, food prepared incorrectly & with inappropriate foods & don't follow dietary rules

⑤ who have highly disturbed by strength of disease.

⑥ whose mind has been greatly afflicted by काम, क्रोध, लोभ (greed), भय, शोक etc.

→ Samprapti

Nidana
↓
Dosa dusti
↓
प्रकुपित दोष reach हृदय
↓
obstruct Manovaha srotas
↓
Unmade

→ Purvarupa

① शिर शून्यता
② Hear diverse sound
③ आस्य स्त्रवणम (dribbling from mouth.
④ lack of desire for food.)
⑤ अरुचि
⑥ अविपाक
⑦ Anxious Mind.

→ Laxana

* Derangement of →
① मन
② बुद्धि
③ sanga
④ Gnana
⑤ स्मृति
⑥ भक्ति (devot
⑦ शील (Behavior)
⑧ चेष्टा (Acts)
⑨ आचार (practice)

(मनो विभ्रम) write like this

① Vataja Unmada lax

① wandering continuously
② sudden moving of eyes, eyebrows, lips etc
③ Flow of froth from mouth
④ कार्श्य
⑤ पारुष्यता (roughness of body)

② Pittaja

① Intolerance
② क्रोध
③ Excess body heat
④ Excitement towards inappropriate things
⑤ Running or hitting on relatives or strangers

③ Kaphaja

① Aversion towards food
② Desire for privacy
③ Sit in one place for long time
④ स्वप्न नित्यता & (constant sleep)
⑤ walking little

④ Sannipataja

- Clinical features of All ③ doshas joint
- Incurable

→ SAMANYA CHIKITSA SUTRA

- For ③ Curable Unmada
① Sneha
② Sweda
③ Vaman, Virechan, Basti
④ Nasya, Anjana, Dhumapan, Dhupa
⑤ Abhyanga, Parisheka etc

- Prescribe food which are suitable for the प्रकृति

- Other measures which are against निदान of उन्माद.

AGANTUJA UNMADA

→ Nidana

- sinful acts of past life
- ~~Raja~~
- प्रज्ञापराध → only cause for Aganteja.

→ Purvarupa

1. Desire to harm देवा (god), गो (cow), Brahmins
2. Desire to do cruel things
3. अरति.
4. क्रोध
5. loss of 'ojas' complexion, strength.

→ laxana

1. अत्यन्त बल (supernatural power)
2. " वीर्य (energy)
3. " पौरुष (deligence)
4. " पराक्रम (skill)
5. " ग्रहण (Apprehension)
6. " धारण (Preservation)
7. " स्मरण (Preservation)
8. " ज्ञान (reproduction)
9. " वचन (speech)
10. " विज्ञान (knowledge)

→ Objectives in cause of unmada

1. Himsa - Desire to kill
2. Rati (pleasure) - Desire to delight
3. Abhyarchanam - Desire to receive respect.

→ Chikitsa (Aguntuja)

1. Mantra
2. Mani
3. Prayashita
4. Aushadha
5. Mangala → like feeding Brahmans donation to poor
6. Bali
7. Upavasa
8. Homa
9. Vrata.
10. Gamana
11. Prayaschita.

→ Sadyasadyata of unmada

- All unmadas can be classified into
  2 →
  1. Nija
  2. Agantuja.

  or

  1. Sadya
  2. Asadya.

So, if incurable case of Nija mix with incurable case of Agantu.
or
if curable case of 1 variety mix with incurable case of other
⇓
Incurable

- If curable case of one variety is mixed with curable of another variety
↓
Curable

PANDU

→ **Intro**

- पाण्डु is considered to be discoloration of body
- Discoloration may range from yellowish white to Greenish disc.
- Acc to आयुर्वेद the disc resembles the color of केतकि धूलि (particles of Ketaki)
- This dis involves रसवह स्रोतस & pittadosha
- Sroto dusti → सङ्ग & विमार्ग.

→ **प्रत्यात्म लक्षण**

1. अल्प रक्त (less vol of Blood)
2. अल्प मेदस् (less fat)
3. निसार (poor nutritional status of body)
4. शिथिलेन्द्रिय (poor func of Indriya)
5. वैवर्ण्य (disc of body / Abn texture of skin)

⇒ **NIDANA PANCHAKA**

→ **Nidana** (samanya)

* **आहारज** → ① Kshara, Amla, lavana, Tiksha
  ② Atibhojana, विरुद्ध
  ③ माष, तिल तैल, निष्पाव.
  ④ मृत Bhakshan
  ⑤ Madya
  ⑥

* **विहारज** → ① चिन्ता, क्रोध, शोक, भय, काम.
  ② वेग धारण.
  ③ Rutu vaishamya (improp diet & reg rel to particular season)
  ④ Maithuna, vyayama & Divaswap after consuming food.

→ **Purva rupa**

1. हृदय स्पन्दन (palpitation)
2. त्वक स्फुटन (cracks in skin)
3. रौक्ष्य (dryness of body)
4. स्वेद अभाव (Absence of sweat)
5. yellowish → Urine & fecal.

→ **Rupa** (samanya)

1. अरुचि
2. गौरव
3. अन्नद्वेष / अनभिलाष
4. दुर्बल
5. Loss of Hairs on body
6. lack of lustre.
7. Aversion to cold substa
8. Excess sleep
9. Swelling in periorbital region
10. Greenish discn in skin & body parts.
11. ज्वर
12. श्रम.

→ **Upashaya**

① Arishta → prep from Guda, Honey, Sugar
- Panchagavya Ghrita
- Mahatiktaka Ghrita
- Kalyanaka ghrita

② Vamana, virechana, अग्नि कर्म below naval & forehead

③ Food → Mango.
Haridra
Butter Milk
Butter, Ghee, चन्दन.

→ **Anupashaya** (Apathya)

① smoking
② swedana
③ निद्रानाश
④ Consm → All salt, sour food, विरुद्ध, Anger

(5) Exposure → Sun, Heat
(6) Day time sleep.
(7) Avoid food that cause burning lens"

→ **Samprapti**

निदान सेवन
↓
पित्त प्रकोप
↓
अग्नि दुष्टी
↓
आम food.
↓
प्रकुपित पित्त Expelled from Hridaya via 10 Channels by vata
↓
Aggravated पित्त reaches space b/w Tvaka & मांस & bring Abnormality in Kapha, vata, Rakta, Tvak & Mamsa
↓
Abnormal complexion like yellow, Greenish
↓
Pandu

→ **Asadya lakshana of पाण्डु**

(1) Who sees everything yellow.
(2) Swelling in extremities & Emaciat → Trunk
(3) Chronic.
(4) Swelling in Extremities, Trunk, Anal region Genital organ & scrotum.
(5) Diarrhea → Greenish dis
(6) विसंज्ञा → Affected conscious

→ **Class**

चरक → (1) V (2) P (3) K (4) Sann (5) Mrid Bhakshan

सु → (1) V (2) P (3) K (4) Sanni

(1) **Vataja** (lax) → Nutrition def An
→ • Blackish dis & Reddish (श्याव & अरुण)
• Roughness (रौक्ष्य)
• Tremors (कम्प)
• Hard stools (रुक्ष)
• आनाह (distension of Abd)

(2) **Pittaja** → Hemolytic An & megaloblastic A
• Thirst
• Fever
• Burning
• Sweat (Excess)
• Yellow & Greenish dis
• Sour Eructation & Foul smell

(3) **Kapha** → Megaloblastic An
• Heaviness
• Excess salivation
• cough (कास)
• श्वास
• swelling
• whitish → Eye, urine, face
• Excess salivation

(4) **Sanni** → Mix → chronic dis Malaria, Typh
(5) **Mrit** → Anemia due to worm infect & vit B12 def
• Who consume Mud of Kashaya → vata ↑
क्षार → pitta ↑
Sweet → Kapha ↑

• swelling in Genital
• Krimi in महास्रोतस
• Diarrhea → Mucus & blood.
• swelling in Eye.
• loss → बल, वर्ण, अग्नि.

→ **Upadrava**

(1) Swelling in throat
(2) Discomfort in chest
(3) मूर्च्छा
(4) पिपासा
(5) अरुचि
(6) ज्वर
(7) अग्निसाद (loss of Apetite

KAMALA

→ **Intro**

- Kamala is a पित्त dominant dis which रक्त क्षय is seen.
- Acc to चरक Abnormal रक्त responsible for Manifestⁿ of Kamala.
- Associated with yellowish disc of diff body parts.
- Srotas → Raktavaha Srotas.

→ **Nidana**

1. Person suffering from dis पाण्डु continously consuming pitta Aggravating diet.
2. Excess consumptn अम्ल, Alcohol & unhealthy food & Activities which agg Pitt.
3. Pitta vitiating Nidana

→ **Samprapti**

निदान सेवन
↓
पित्त प्रकोप
↓
Agni deminishes
↓
Ama develop.
↓
प्रकुपित पित्त expelled from Hridaya via 10 channels by vata & circulate All over body
↓
responsible for रक्त धातु क्षय
↓
reach space b/w Twak & Mamsa
↓
Aggravated pitta burns Rakta & Mamsa
↓
leading to Abnormal complexion like pale yellow deep yellow & Greenish colouration
↓
Kamala — Swatandra

→ **Samanya laxang**

1. yellowish dis → Eye, skin, nails, Mouth, Urine faeces
2. Colour resemble भेक (frog) color.
3. loss of func of All indriya
3. दुर्बल (weakness)
4. दाह (Bur

5. कृशता
6. अरुचि

→ **Classⁿ**

Kamala
- Koshtashrita
- Shakhashrita

Kamala
- Swatantra — Manifest without manifestⁿ of Pandu
- Paratantra — Manifest after Manifestⁿ of पाण्डु.

1. कोष्ठाश्रित
   - Also k/a बहुपित्त कामला

→ **Nidana**
- पित्त vitiatis factors
- First pitta vitiation followed by affliction of रक्त & मांस.

→ **Laxang**
1. Yellow dis → eye, skin, nails, oral, urine.
2. skin → भेक वर्ण.
3. loss of func of इन्द्रिय
4. विदाह
5. अरुचि
6. कृशा
7. दौर्बल्य

- This dis manifested due to max pitta vitiation this req Aggresive line treatment.

2. शाखाश्रित (

→ **Nidang**
1. Excess cons of गुरु आहार, मधुर, cold, रूक्ष
2. वेग धारण
3. All above leads to vata vitiation but does the मार्गावरण of kapha

→ **laxane**
1. consistency of stool → paste of sesame seeds
2. white → faecal.

3. Yellow → Urine, Skin, Eye
4. अरुचि
5. श्वास, हिक्का
6. Abd distension.
7. Heaviness in chest.
8. दौर्बल्य
9. Raised body temp.
10. Reduced Apetite.

- Line of treatment should to be followed → Kaphahara as there is obst^n of kapha → leading to obst^n the movement of pitta in body.

→ **Kumbha Kamala**

- Next stage of Koshtashakhashrita K.
- Enter chronic stage when person not recieving Adequate treatment in Koshtashakhashrita stage.

→ lax

1. In this stage person
   ↓
   Blackish / Blackish yellowish → Urine & faeces
2. Swelling All over body & Abd.
3. Darkness in front of eye
4. Reddish → Eye, Oral cavity,
5. Blood mixed vomiting
   Blood mixed in faeces & Urine.
6. अरुचि
7. तृष्णा
8. loss of Apetite.

→ **Halimaka** (vata pitta)

→ ~~[illegible]~~ lax

1. lack of physical strength & lack of Enthusi^n (बल उत्साह क्षय)
2. lack of interest in sexual act / loss of libido.
3. Body ache all over body.
4. Skin → Greenish / yellowish / Blackish dis^n
5. तृष्णा
6. अरुचि
7. loss of Apetite (मन्दाग्नि)

→ **Panaki Laxana**

- Another stage of Kamala mention by चक्रपाणि.

→ lax

1. Raised temp (संताप)
2. Improperly formed or loose stool.
3. Yellow → Body, Urine, stool.
   Skin

→ **Upadrava** (write I below!)

1. Reddish → Eye, face, Oral,
2. Blood mixed → vomit, stool, Urine
3. Darkness in front of eye.
4. तृष्णा
5. अरुचि
6. loss of Apetite.
7. Burning sens^n

→ **Upashaya**

1. Koshtashrita → like pandu roga
2. Shakha → consume → Kulatha, Katu, Amla, रूक्ष. Maricha, pipali, Sunti
3. Halimaka → Anuvasana Basti, Ksira Basti

→ **Anupashaya**

1. Kosht → not take pitta aggravating factor
2. Shakha → not consume pitta alleviating fact until stool of patient acquire color of pitta.
   &
   Also All causative factor

→ **Sadyasadyata**

1. Kamala → All upadrava cond^n → Die → Asadhya
2. Kumbhakamala → 1. Nausea, vomiting, अरुचि
   2. fever, fatigue, Diarr
   3. हिक्का, श्वास
   ↓
   die → असाध्य.

UDARA ROGA

→ Intro

- The term 'udaro' → Anatomical str → Abdomen
- In context of dis → Udara → dis where we can observe the generalised swelling of Abd.
- It is diff from (गुल्म) → localised swelling in Abd region
- This is वात & कफ dominant dis afflicting of रसवह, स्वेद & उदक
- Srotas → Rasavaha, swedavaha, udakavaha Pranavaha, Annavaha, purishavaha

→ Pratyatma lax

- Generalised swelling in उदर.
- This is diff from गुल्म as it have only localised swelling.

→ Nidana

1. मन्दाग्नि (Person suff)
2. अजीर्ण
3. अतिभोजन
4. ushna, lavana, Amla, क्षार.
5. Exposure to गरविष.
6. improper संसर्जन क्रम -
7. Person suff from pliha, Arshas, Grahani dis
8. Improper shodhan
9. वेग धारण ·
10. Ama

→ Purvarupa

1. क्षुनाश (Loss of Apetite)
2. Delayed dig of आहार, स्नेह, गुरु.
3. improper dig of ingested food.
4. not able to know dig & indigestion of food.
5. Not in posⁿ to tolerate slight exertion,
6. slight swelling of both foot
7. Distension of Abn
8. pain in Abd
9. Fullness of Abd on consuming slight Amt of food
10. Appearance of vein in Abd.

→ Rupa

1. Distension of उदर
2. आटोप
3. पाद कर शोफ (swelling in Foot & upper limb)
4. मन्दाग्नि (loss of Apetite)
5. constipⁿ.
6. Emaciation
7. Retention of urine.

→ Upashaya

1. लघु आहार → Yava, Godhuma Shashtika.
2. Panchakola Ghrta
3. Nagara Ghrta

→ Anupashaya

1. large quantity drinking water
2. Hard exercise
3. दिवास्वप्न
4. Blood letting

→ Samprapti

निदान सेवन
↓
वातादि दोष प्रकोप
↓
Disturbance of Agni
↓
If person indulges in foods & activities during weak digestion leads to improper dig & gradually accumulation of आम & other dose
↓
mixing of वातादि दोष & रसादि धातु in Annavaha srotas
↓
which affects the प्राण, अग्नि & अपान
↓
leading to Blockage of upward & downward passage
↓
Favours the Accumulation of dosas in the space b/w skin & Muscle in Abd
↓
Distension of Abd
↓
(Udara)

→ Bhedo

चरक
1. V
2. P
3. K
4. Sanni
5. plihodara
6. Badhodara
7. Kshatodara
8. Udakodara or Jalod

Sushruta
1. V
2. P
3. K
4. Sanni
5. Pliho
6. Badh
7. Agantuja
8. Jalodara

1. Vataja Udara

→ Nidana
- little food
- Dry food
- Excess exertion
- वेग धारण

→ Laxana
1. swelling of Abd, upper & lower limb, scrotum
2. upward movement of obstructed vata.
3. constipation, retention of urine.
4. Blackish or reddish disc of → nail, face, Eye, urine, faeces
5. upward, downward, oblique movement of vata associated with pricking pain

2. Pittaja Udara

→ Nidana
- Excess → Amla, lavana, Katu, Ushna
- Excess → Sun & fire light
- अध्यशन

→ Laxana
1. दाह
2. तृष्णा
3. ज्वर
4. Greenish / yellowish → eye, nail, face, skin, urine, faeces
5. ~~pungent~~ pungent taste in mouth

3. Kaphaja

→ Nidana.
- दिवास्वप्न
- Curd, Milk, Milk product
- स्नेह, पिच्छिल.
- अव्यायाम

→ Laxana
1. Gaurava
2. अरुचि
3. अङ्गमर्द
4. Nausea,
5. whitish disc → nail, eye, face ...
6. Heaviness → Abd & other part
7. sensation of covering of body with wet cloth.

4. Sannipata

→ Nidana
- दुर्बल अग्नि
- Apathy, Viruddha Ahar, Excess.
- Food contaminated with body hair, Menstrual blood, urine, faeces, nails etc

→ Laxana
1. Stretch marks of diff color
2. Enlarged Abd.

5. Baddha Udara

→ ~~Laxana~~ Hetu
- Food contaminated with hair.
- उदावर्त ~~Exp~~, अर्श → Person suffer
- Bez of above reason contents of intestine foreign bodies & faeces get blocked in int.

↓

lead to vitiation of अपान वात.

↓

Reverse movement of Vata

↓

Dist of Abd

→ Laxana
1. Swelling above umbilicus in shape of गो पुच्छ (tail of cow)
2. Pain around Anal region.
3. Dist of Abd
4. Konstipn.
5. Firm & stable swelling of Abd.
6. Abd swelling with reddish or Bluish disc of veins over Abd.

⑥ Chidrodara

→ Nidana

- Consumption of sharp edged instrument as glass, thorn, nail etc.
- These instruments tear wall of intestine lead to leakage of content of intestine to Peritoneum
- Accumulation in Peritoneum → dist Abd.
  ↓
  Chidrodara

→ Laxana

1. Swelling below umbilicus
2. हिक्का, श्वास, कास,
3. अरुचि, अग्नि मांद्य.
4. Slimy stools with cadaveric smell

⑦ Plihodara

→ Nidana

- Excess consumption of food immediately after vigorous exercise, sexual acts अध्व,
- Excess vamana
- Due to vitiation of रस, रक्त there will be increase of प्लीहा → present on left side of Abd.
  ↓
- Swelling arising from प्लीहा will slowly enlarge & become hard
  ↓
  Swelling simulate shell of tortoise leading to increase in size of Abd
  ↓
  Covers the entire Abd.

→ Laxana

1. Darkness in front of eye.
2. Abd dist
3. Abd pain
4. श्वास, कास
5. कृशता.
6. अङ्गमर्द
7. अरुचि
8. मन्दाग्नि
9. दुर्बल
10. ज्वर (Mild)

⑧ JALODARA

→ Nidana

- In person who have मन्दाग्नि who taken स्नेहपान.
- Person who has excess depletion of body tissue
- Excess कृशता.
- Person who has loss of Apetite due to excess drinking of water
- Vata dosha vitiate
  ↓
  Harm & obstruct channel of क्लोम (which is the Mula of Udakavaha srotas)
  ↓
  Udaka & other Dosha get deviated to कोष्ठ ↓
  Start Accumulate in Kostha
  ↓
  Udara
- Chief content of Udara in this → Jala.

→ Laxana

1. Secretion from Anus. (गुद)
2. Abd swelling with visible veins having multiple colors,
3. Accum of water in Abd.
4. On tapping of Abd we can observe fluid thrill
5. श्वास
6. कास

(3) Stages of Jalodara — mentioned by चरक

1) अजातोदक (No fluid Accm.)
2) पिच्छ (slimyness ant in Abd region)
3) जातोदक (Fluid Accum in Abd)

(i) **Ajatodaka** Avastha

(1) Notable Amt of fluid is not Accumulated in udara regio.
(2) Gurgling sound in Abd
(3) No Heaviness of Abd
(4) Abnormal वात move through Anus by stiffning umbilical regio.
(5) Loud & Harsh sound is produced while passing Flatus

(ii) **पिच्छ**

(1) intermediate stage
(2) Characterised by slimy state.
(3) Heaviness of Abd
(4) sensation of wet cloth covering the whole body
(5) percussion sound can be Heard
(6) soft in touch
(7) visible veins which radiate from umbilicus.

(iii) **जातोदक**

(1) last stage.
(2) large amt of Accum of Jala
(3) incurable
(4) excess increase in size of Abd. due to Accum of fluid in Abd
(5) excess accum of fluid in Abd can be Easily examined by necessary physical exam

→ **Upadrava of उदर**

1) vomiting
2) Diarrhoea
3) Darkness in front of eye.
4) Pain in side of Abd
5) श्वास, कास, हिक्का

→ **Sadyasadya**

1) Vo, P, K, Sanni → inc in severity in successive order
2) All type finally leads to → Jalodar
3) Baddodara → incurable illness >15 day
4) Jalodara → Asadya
5) Chidradar → immediately life threating Among All.
6) Jalodara → Begining → कृच्छ

→ **Asadya lax of udara**

* All upadrava. Condn.

SHITAPITTA, UDARDA & KOTHA

→ Intro

Sheetapitta, उदर्द & कोठ are spectrum of dis where we can observe skin eruptions influensed by env. factors, lifestyle & sensitivity

- Though these dis are involving skin abnormalities these are not ~~set~~ included in कुष्ठ bcz of specific हेतु & sp.लक्षण & atypical progression of dis.

→ SHITAPITTA (Hives / Urticaria)

- spectrum of dis where person develops eruptions in skin
- Caused by exposure ~~of~~ skin to cold env.
- This is having abnormal vitiation of पित्त along with and of kapha & vata
- Clinical features observed int / ext.

→ Purvarupa

1. पिपासा
2. अरुचि
3. हृल्लास
4. देहसाद - slugish movement of body parts
5. अङ्ग गौरव -
6. रक्त लोचनता - reddish disc^n of eye.

→ Laxana → Sheetapitta & Udarda

1. वरटी दंष्ट्रा संस्थान शोथ - patchy Elevation observ (like sting of wasp.)
2. कण्डु
3. तोद बहुल - pricking type of pain
4. छर्दि
5. ज्वर
6. विदाह

* Though Sitapitta & Udarda have similar lax →
  - Shitapita → more predominance of vata
  - Udarda → " " " kapha

→ UDARDA (Hives / Urticaria)

- This is spectrum of dis where there is vitiation of Kapha Dosha.
- Associated with → circular, reddish, skin eruptions with itching
- More common in Shishira.
- ~~pat~~ patches → depression in centre

→ KOTHA (→ Rashes) & UTKOTHA

- Due to incomple or improper वमन & also due to supression of vomiting.
- Vitiation of (pitta) & (kapha)
- Supression of vomiting in which पित्त श्लेष्म & ~~अन्न~~ अन्न are ready to come out
  ↓
  Arise plenty of patches with itching & redness in color.
- If same if occurs repeatedly → Utkotha
- Occurance & getting cleared by itself immediately → Cardinal feature of Kotha

SHVITRA

→ Intro

- Spectrum of dis where whitish discol" of skin observed in affected individual.
- This is manifested due to vitiation of all (3) dosha.
- There may be possibility of vitiation of 1 or 2 dosha during pathogen.
- Site of Affliction → skin
- दूष्य involved → Rasa, Rakta, Mamsa, ~~Medas~~ Ambu
- Srotas → Rasa, Raktavaha, Mamsa, Udaka (Meda)
- Srotodusti → Sanga, Vimarga.
- Sadyasadya → असाध्य.

→ Clas"

1. दारुण
2. चारुण
3. श्वीत्र

* Switra also k/a → Kilasa

→ laxana

- If vitiated Dosha reside in → Rakta
  ↓
  Exhibit → patches in skin (red color)
  ↓
  Darung (Mild)
- If vitiated dosha reside in → Mamsa
  ↓
  color of skin turn coppery
  ↓
  Charung (Moderate)
- If vitiated dosha reside → Meda
  ↓
  color of skin appear → white
  ↓
  Shvitra prop (severe)

→ Sadyasadyata

1. If patches are mutually attached
2. Multiple lesions surrounded by red hairs
3. Chronic

} → Asadya

1. patches in skin are surrounded by other than reddish hairs
2. Thin patches
3. Recent origin that have elevated margin b/w 2 patch

} → साध्य

VISARPA

→ Intro

- Spectrum of dis where there will be rapid vitiation of All (3) dosha involving skin.
- It involves → 3 Dosha, Rakta, Tvak, Mamsa & lasika.
  ↓
  सप्त द्रव्य संग्रह ·
- Considered as आशुकारि vikara (fast spreading & fast progression)
- All 3 dosha vitiation but (पित्त) → Primary.

- Udbhava sthana → Amashaya
- Sanchari → Sarvashari
- Vyakta → Tvak.
- Srotas → Raktavaha
- Sroto dusti → Vimarga & sanga

→ Pratyatma laxana

① Fast or rapid spreading like सर्प. in all direction.
↓
∴ of this also called as परिसर्प.

→ Nidana

① Exen consump → Amla, lavana, katu ushna
② consumpt → curd & prep of curd.
③ improperly prep wine
④ शाक (Green leafy vegetab)
⑤ विदाहि अन्न.
⑥ तिल, माष, कुलत्थ, लशुन
⑦ ग्राम्य, आनूप, मत्स्य मांस
⑧ दिवास्वप्न
⑨ Exposure to fire & Heat.
⑩ अध्यशन

→ Samprapti

निदान सेवन
↓
Vitiation of 1/2/3 dosha (1° pitta)
↓
Affliction of Rakta, Rasa, Mamsa & lasika
↓
Raktavaha sroto dusti
↓
Visarpa

→ Types

① V
② P
③ K
④ VP → Agni visarpa
⑤ VK → Granthi
⑥ PK → Kardama V (ghora)
⑦ Sanni

① Vataja

→ Nidana

- All vata↑ nidanas.

→ Laxana

① पिपीलिका संचार (Feel like ants are crawling) on body
② Blackish/Reddish disc.
③ विबद्ध वात मूत्र पुरीष.
④ अङ्गमर्द.
⑤ कम्प

② Pittaja

→ Nidana

- All pitta ↑ Nidan

→ Laxana

① तृष्णा
② ज्वर
③ दाह
④ स्वेद
⑤ intense desire for cold air & water.
⑥ Greenish/yellowish dis. → eye, urine stool
⑦ skin eruptions with severe Burning & tearing type of pain.

③ Kaphaja

→ Nidana

- All kapha ↑ Nidan

→ Laxana

① अति निद्रा
② Feeling of coldness
③ गौरव
④ अरुचि
⑤ Coating of tongue

⑥ आजनेमाल्य.

⑦ whitish discⁿ → Eye, skin, urine, stool

⑧ when there is burst of swelling there will be whitish, yellowish secⁿ with slimy, thready, viscous nature

④ Agni V (VP)

→ Nidana

- Which vitiate V & P.

→ lax

1. अराति
2. Darkness infront of eye.
3. ↑ Body Temp.
4. Burning
5. patient feel of burning type of pain as if whole body is having contact with burning charcoal.
6. तृष्णा
7. Skin Eruptation similar to Burnt wound.
8. Due to its spreading nature it will reach मर्म rapidly.

⑤ Kardama (PK)

→ lax

1. Feeling of sensⁿ of wet cloth covering body
2. Heaviness of head
3. cold fever
4. अनवबोधिकाय
5. अरुद्धि मर्दना
6. involuntary movement of body parts, restlessness & Anxiety · frequently.

- This → incurable

⑥ Granthi (VK)

→ lax

1. Multiple Granthi in different parts of body which are considered to be hardly suppurative & Hardly curable.
2. when Rakta involved → formation of Granthimala (chain of nodular swelling)
3. अरति
4. vomiting
5. अर्धे मर्द
6. Disc of body parts

⑦ Sannipata

→ lax

- All Laxanas mentioned Tridor
- This involve All Dhatus.
- आशुकारी.
- This is treated as medical emergency.

⑧ Kshataja

1. wound caused by fresh injury
2. vitiation of pitta & Rakta
3. Blackish or reddish discⁿ.
4. Burning senⁿ
5. pus formⁿ
6. Small blister resembles the shape of horse gram

→ Sadyasadyata

- Single dosha → साध्य
- 2 dosha & if Marma involved → Krichhra
- 3 dosha & Kshataja → असाध्य.

→ Upashaya

- Mahatikta Ka Ghrita.
- Fasting, मद्य (counsel drink)
- Virechana, Rakta Mokshana.
- Mudga, wheat, Draksh

→ Anupashaya

- विरुद्ध आहार
- क्रोध
- Exposure to Sun Heat.
- Food & drink that cause burning sensⁿ

AMAVATA

→ Intro

- Amavata → consist of 2 word
  Ama, Vata } (2) distinctive entities involved.
- Ama → vitiated by संतर्पणजन्य निदान
- वात → " " अपतर्पण निदान
- Amavata is mainly dis of रसवह srotas.
- Characterised by swelling of joints associated with multiple joint pain & associated with impaired Apetite.

→ Nidana

1. विरुद्ध आहार
2. विरुद्ध चेष्टा
3. निश्चल (lack of physical activity)
4. मन्दाग्नि
5. physical Activity on consumption of unctous subst.

These will vitiate vata & promote accumulation of Ama in Amashaya

→ Samprapti

निदान सेवन
↓
Aggravation of kapha dosh
↓
Enters Amashaya & disturbs the Agni
↓
yeild immature Rasa in Amashaya → Ama
↓
vyana vata takes Ama to diff kapha sthan
↓
Ama enter the Dhamani because of व्यानबल
↓
~~These will be~~ vitiate स्रोतस due to excess snigda & pichila of Ama
↓
leads to गौरव & दुर्बलता in हृदय स्थान
↓
Apakva Ahara rasa is leading to manifestation of group of symptoms
↓
As involvement of Ama & vata it is difficult to cure ∵ of diff line of Treatment
↓
Both Ama & vata enter Koshta, Trika & ultimately leads to Stabdhata in body
↓
Amavata

→ Samanya lax

1. अरुचि
2. तृष्णा
3. अङ्गमर्द
4. आलस्य
5. Gourava
6. Jvara
7. Apaka (impaired dis)
8. अङ्गानां शूनता (swelling of body)

→ Pravrida Amavata lax

- Painful swelling of Joints of → Hasta, Pada, Shira, Gulpha, Trika, Janu, Uru
- Nature of pain – वृश्चिक (scorpion bite)
- Also Associated wi- →
  1. Kukshi Kathinata (hardness of Abd)
  2. Anaha (disten)
  3. Hrid Graha (stiffness of chest)

4) vibadha (const)
5) Antrakuja.
6) Bahumutra
7) Daha.

→ **Bheda**

1) V
2) P
3) K
4) VP
5) VK
6) PK
7) Sannipataja

- Vata domi → Ass → Shula
- pitta " → " → Daha & Raga (Redn)
- Kaph → गुरु, Kandu, stimita (As if covering of body with wet cloth)

→ **Sadyasadya**

- 1 dosha → Sadya
- 2 dosha → Yapya
- 3 dosha & swelling in whole body } → Krichra

→ **Upashaya**

1) ~~Hot~~ meat boiled with - Trikatu.
2) लघु आहार → old rice, old liquore
3) लंघन
4) Sour & bitter food that are Easy to dig.

→ **Anupan**

1) Abhishyadi.
2) Heavy to dig food, oily food.
3) विरुद्ध आहार
4) curd, butter milk. Milk.
5) cold H_2O.

VATARAKTA

→ Intro

- Vatarakta / Vatashonika / Vatasrika is a spectrum of dis
- involvement of vitiated vata & Rakta dushti altogether at a particular time.
- In this dis, vata & Rakta don't have any relation unlike Rakta & pitta
- Both get vitiate separately but combines together to manifest vatarakta in Tvak, sira, snayu, Asthi, & sandhi. as discoloration of skin & pain in joints

→ Syn

- Khuda → Joints
- Adyavata → commonly observed in wealthy people.

→ Nidana < Rakta vitiating fact / vata vitiating fact

1. Excess → lavana, katu, Amla, kshara, ushn snigda,
2. excess → अनूप & मत्स्य.
3. excess → माषा, कुल्माष, मूलक, leafy vegs
4. दिवास्वप्न
5. रात्री जागरण
6. Sedentary lifestyle
7. Eating little food
8. Freq fasting.
9. वेग धारण
10. excess exercise, व्यवाय
11. Ruksha, Anna.
12. विरुद्ध आहार
13. kashaya, Tikta, katu, dry

(7–13) } vata

→ Samprapti

निदान सेवन
↓
Agg of vatadi दोष
↓
Dimnishen of अग्नि
↓
Development of Ama inside GIT
↓
Agravation of vata & Rakta simult
↓
Obstruct the Raktavaha srota for vata movement
↓
vitiate whole Rakta
↓
VR

→ Vata rakta Mula sthana

- Main part → joints, all joints upper & lower
- 1st affliction starts in smaller joints of either upper / lower.
- Due to सूक्ष्मता & All pervading nature of वात & द्रवत्व & सरत्व of Rakta It moves all over body
- Cause severe & various kind of pain & discomfort.

→ Purvarupa

1. Excess sweat
2. No sweat
3. Blackish disc^n.
4. Losiness of joints.
5. गौरव
6. Numbness
7. Severe pain in body
8. laziness
9. Disc of skin, circular Elevation on skin.

→ Class^n

- Based on Dhatu involv → 3
- Based on dosha i. → 8

1. Uttana
2. Gambhira
3. Ubhayashrita

(1) V (5) VR
(2) P (6) PK
(3) K (7) Sanni
(4) VP (8) Rakta

(1) Uttana

- If dosha involved in b/w Tvak & Mamsa
- then we can say it is in stage Uttana vatarakta

→ lax

1. Itching
2. Burns
3. Pain
4. स्फुरण (Stretching type pain)
5. Pricking type pain
6. Abnormal pulsation

(2) Gambhira

- If the vitiated Vata & Rakta are observed in tissue deeper than मांस i.e Medas onwards.
  ↓
  Gambhira

→ lax

1. गम्भीर श्वयथु (Hard swelling)
2. Stiffness of joint
3. Black disc
4. Severe pain inside joints
5. Coppery disc of skin
6. Khanja → loss of mover of both lower limb
7. Pangu → " " " 1 lower limb

(3) Ubhayashrita

- Both lax of Gambhira & Uttana are observed
- incurable.

→ Upadrava

1. अस्वप्न
2. अरति
3. मर्मग्रह (affliction of vital parts)
4. Trishna, ~~[struck]~~ Shwasa, Hikka, Bhrama, Moha

→ Sadyasadhyata

- 1 dosha → Sadhya
- 2 dosha → Yapya
- 3 dosha + upadrava → असाध्य
- VR without upadrava → साध्य
  with " → याप्य.

Sandhigata	Amavata	Vata Rakta
(1) Vata dosha mainly inv.	(1) Ama Associa with vitiated Dosha inv	(1) vitiated Rakta along with Rakt.
(2) Any joint involv	(2) Any joint	(2) initial affliction of joints of Kara & Pada.
(3) Snehana → improve situn	(3) worsens sit^n	(3) worsens
(4) Agnimandy need not to be an essential factor	(4) Agni mandy is an essential fact	(4) Agnimandy is an essential facto.

~~Sandhigata vata~~ SNAYUGATA VATA

→ Types

Vata affects snayu leads
1. Bahyayama (Back bend)
2. Abhyantar Ayama (forward)
3. Khali (muscle cramp)
4. Kubjatva (dwarfness)
5. Sarvanga roga
6. Ekanga roga

vata affects snayu sira, kandara
1. Sthamba (stiffness)
2. Sankocha (contraction)
3. Khali (muscle cramp)
4. Granthi (nodular swelling)
5. Sphurana (Abnormal pulsation)
6. Supti (numbness)

1. Akshepaka

- Convulsion is a medical condition where body muscle contract & relax rapidly & repeatedly, resulting in an uncontrolled shaking of body.
- When vitiated Vata permeates all Dhamani it causes freq movements, repeated convulsive episodes in the body. bcz of producing convulsion → Akshepaka.

→ Types
1. V
2. ~~V~~ P
3. V K
4. Abhigataja

→ Samprapti

vitiated vata
↓
Freq involuntary movements in one part of body with sym free in b/w episods
↓
leads to dryness of पाणि, पाद, शिरा, स्नायु कंडरा

→ Laxana
1. convulsion in body.
2. Emaciation of limbs.
3. Spasm of muscle.

→ Dandakshepaka
- When the vitiated vata is responsible for the stiffness of Pani, Pada, sira, shroni, prishta → lead the body to become stiff life a stick → Dadaka
- Asadya
- Agg vata moves from its place upwards to Heart, Head & temporal region & afflicts limb with convulsion & bending of body
- The pt will have closed eyes, loses movement or with fixed gaze, make sound like pigeon with stooped inspi~~n~~ or inspire with difficulty while losing consciousness

Apatanaka

- Caused by factors, described in vatavyadhi but Abortion, excess Haemorrhage & trauma → imp etiological fact.

→ Clinical feature
1. दृष्टी संस्तम्भ (steadiness of gaze)
2. संज्ञा हनन (syncope.
3. कण्ठेन कूजति (wheezing sound from throat)
4. मोह.

→ Sadyasadya.
- Caused by Abortion, Haemorrhage & due to trauma
↓
Incurable
Asadya

Gridhrasi

- Vitiated vata alone or associated with Kapha will responsible for Manifest of Gridhrasi.
- Characterised by
  1. Stiffness of lower limb
  2. Severe pain commences from lower back radiating downwards through buttock, thighs, knee, calves & feet.
  3. Discomfort → Experienced intermittently.
  4. When Associated with Kapha
     ↓
     Lakshana of Vataja Ghridrasi
     +
     1. Heaviness of lower part of body
     2. ~~अरुचि~~
     3. Drowsiness
  5. There will be bending of body due to radiation of pain to lower limb.

→ Acc to M.Ni
- There will be loss of Appetite in (VK) Ghri

- ~~Here~~
- The person unable to lift lower limb without bending the knees.

Vishuachi

- Mainly caused by Vata vitiation in upper limb
- In this Kandara of palm, fingers, arm & shoulder of upper limb is affected
- As per Dalhana
  clinical feature → similar to Ghridrasi of lower limb.
- Having pain in neck radiating to whole upper limb till fingers
- Associated with reduced fun^c of upper limb

note
- Comb^n of Vishuachi & Ghridrasi
  ↓
  (Khali)
  ↓
  Characterised by
  1. Pain
  2. Limping
  3. Contracture of both limbs

→ **Pangute**

Vata vitiated takes shelter in Kati region & afflicts the Kandara of thigh region (स्क्थि) & responsible for loss of fun^c of lower limb

Either (1) or (both) — (lower limbs only)
↓ Khanji ↓ Pangu.

Khanja	Ghridrasi
1. complete loss of fun^c of one limb occurs	1. ~~Rukhsati~~ No complete loss of fun^c
2. Vata dominant	2. V-K dominant
3. No rad^n of pain in lower limb	3. radiation of pain from buttock to lower limb.

Ardita & Pakshaghata → read from lab note.

Sandhi gata & Asthi majja → from Gopinath Book.

ATISARA

→ Intro

- spectrum of d/s where in the individual will pass liq to semi-solid with increased frequency.
- It occurs due to hypermotility of large intestine, where reabsorption of water & Electrolyte is hampered.
- In Atisara person will have Agnimandya which leads to excess formation of Mala rather than सार from ingested food.
  ↓
  responsible for Atisara

→ Pratyatma lakshana

① Excess passage of loose or liq or semi-solid stools through Anal orifice.
⇒ गुदेन बहुद्रव - सरणमतिसार इत्यर्थः ।

→ Nidana

① Excess → Guru, Ruksha, Snigdha, Usha, Sheeta, Drava
② Viruddha Ahara
③ improper Snehana / excess sneha
④ Excess मद्य
⑤ consumption of contaminated water
⑥ +nce of worm.
⑦ Suppression of natural urge
⑧ Grief, fear.

→ Purvarupa

① Pricking type of pain → Chest, Abd, Umbilical, Anal.
② Impaired dig.
③ Distension of Abd

→ Samprapti

Nidana sevana
↓
↑ Vata (Apana vayu in particular)
↓
Suppression of Jatharagni
due to excess fluid in Malashrotas
↓
excess water will move downwards & mix with faecal matter
↓
~~loose stools &~~
Cause downward movement in Annavaha srotas by vata
↓
Atisara

→ Bheda

चरक	Su & M.Ni
① V	① V
② P	② P
③ K	③ K
④ Sanni	④ Sann
⑤ Bhayaja	⑤ Shoka
⑥ Shokaja	⑥ Amaja

① Vataja

→ Nidana → Vata ↑ factors
① Vata prakriti person exposed to wind, sun & physical exercise extensively
② ↑ sex, Alcohol.
③ Suppression of urge
④ Excess Teekshna like chili

→ lax

- In Ama dominant Vataja Atisara
  ↓
  Faecal Matter → sink.
  ↳ spreads quickly
  ↳ painful defecation with fishy odour
  ↳ passes with No sound or little sound.
- Pakva vataja Atisara
  ↓
  Hard stools, in little quantity with sound & pain.
- Faecal matter → frothy, slimy
  cutting pain around Anus
- Freq of Atisara is higher than All other type

② Pittaja
→ Nidana → Pitta ↑ factor
→ Lax
① Yellowish, Greenish disc → Faecal Math
or
Blood mixed liq or semisolid with foul smell.

② Thirst
③ Burning
④ Excess sweating
⑤ Raised body Temp.

③ Kaphaja
→ Nidana
→ Lax
① F. Math → Unctous, whitish disc^n.
→ thready
→ sinks in water, foul smell
with presence of Mucus
② Heaviness in Abd
③ Nausea
④ ~~उत्क्लेशता~~
⑤ Person feel urge of defecation even after passage of stool

→ Sannipata
① Krichra sadhya sannipata lax
• Yellow, Greenish, reddish, whitish, blackish F-Matter.
→ Color of fat of pig
② low dig power
③ May or may not be associated with pain

② Asadhya sannipata Atisara lax
① Too unctous F.M
② Thready
③ Stool Attacked by flies
④ Color of cooked Blood.
⑤ prolapse of rectum.

⑤ Bhayaja
→ lax → similar to vataja.

⑥ Shokaja
→ Nidana
① Food consume with Grief.
② High stress
↓
vitiated Dosha will reach Abd
& decrease Agni of individual
Lax
③ Pass stool mixed with blood
with or without foul smell,
pass with difficulty.
④ This very diff → Manage

⑦ Amaja
• Dosha excited by presence of Ama in body
lead to vitiation of Dosha
↓
then Vitiated dosha enter Koshta.
↓
① Person pass F.M having Multiple color
All diff color not seen in 1 freq.
② Associated with severe pain.

⑧ Raktaja
• Blood in stool.
• Cause → ① Excess intake of pitta vitiating diet for long period

Sama	Nirama
• Sink in H_2O	• Float
• Foul smell	• No smell
• Slimy nature	• Non sliny

→ Asadya lax of Atisara

1. F.M color resemble → ripened जामुन फल.
   ↳ piece of liver.
2. Consistency → Thin.
3. F.M resemble → Ghee, oil, bone marrow

→ Atisara Nirama lax

1. उत्सर्ग of vit, Mutra, purisha.
2. लघु कोष्ठ
3. Deeptagni.

PRAVAHIKA

→ Intro

- ~~Ant~~ Dis rel to Mahasrotas
- 1° Dosha involved → Vata.
  Associated with Kapha.

→ Nidana

1. Ahitashana. (Main cause) — ↳ improp diet pattn
   ↓
   Agg of Vat
   ↓
   pushes downward movent of Kapha
   ↓
   Passes large Amt of faecal matter mixed with mucus

→ Types

1. V
2. P
3. K
4. Raktaja.

→ Samatva & Niramatva in pravahika

Similar to Atisara

→ Diff Atisara & Pravahika

Atisara	Pravahika
1° involve Purishavaha srotas followed by Rasavaha (?)	1° involve Purishavaha
Short dur	Long dur
Pratyatma lax ↳ Ati drava Mala pravrutti	P. lax ↳ Kunthanayukta Mala prav ↓ Excess straining during defecation & Kapha yukta Mala
Ashukari	Chirakari

Atisara	Grahani
1° purishavaha.	1° Annavaha srotas
short dur	long dur
Ashukari	chirakari
have Good prognosis	poor prognosis
profound wt loss not seen	profound wt loss is usually present in pt.
Pratyatma lax: Gudena Atidrava Mala pravrutti (inc freq of liq - semisolid stool)	→ Pratyatma: Pakva, Ama, Bahu, Samya puti or Badha or drava Mala pravrutti

GRAHANI

→ Intro

- spectrum of dis involving Annavaha srotas.
- chirakari.
- Vagbhata mentioned it as 1 among Ashta Mahagada
- pronounced wt loss is major hallmark of the dis.

→ Pratyatma laxana

1. Bahu Mala pravriti (large amt of liq stool.
2. Ama (unformed st)
3. Pakva (formed stool)
4. Saruja (with pain)
5. Baddha (constipation)
6. Drava Mala pravrati (liq / semisolid) stool

He may not have ~~a~~ consistent pattern of one particular of faecal matter

→ Nidana

1. Freq fasting
2. Excess consump° in a state of indig^n.
3. Exc Guru, shita, Ruksha.
4. viruddha Ahar
5. Improper Panchakarma
6. देश काल ·

→ Samprapti

निदान सेवन
↓
Aggravation of vatadi dosa
↓
Disturbance in Agni
↓
Development of Ama
↓
lead to incomplete dig of food
↓
which moves up/down
↓
when it moves down → pipe / unrip
↓
Grahani

→ Purvarupa

1. Thirst
2. Poor physical strength
3. laziness
4. Partial dig of ingested food
5. Delay dig of " "
6. Heaviness of body.

→ Samanya lax

1. Emaciation.
2. Sluggish movement of inte
3. swelling in hand & feet
4. Burn° Sen
5. Darkness in front of eye
6. Headache

→ Type

1. V
2. P
3. K
4. sannipat

1. Vataja

Nidana → vata ↑ fall

→ lax

1. Visuchika
2. Emaciation
3. Physical weakness
4. desire to take
6. Rasa food

2. Pittaj

→ lax

1. Thirst
2. sour eructa
3. Burning
4. yellow disc → stool
5. Amt of pus in liq

③ Kaphaja

→ Lax

1. Nausea
2. vomiting
3. अरुचि
4. Coating of tongue
5. laziness.
6. unformed stool with Mucus.
7. F.M → sink in H_2O.

④ Sangrahini

- Adv stage of Sannipata.

→ Lax

1. Gurgling sound
2. have Sama vata lax during progression of illness.
3. Very difficult to diagnose & treat.
4. Pain in waist.

⑤ Gatiyantra 4

1. In this stage person presenting complaint pain in Flanks in lying posⁿ
2. prodⁿ of sound similar to pot with some amt of water inside
3. असाध्य.

→ Samatva & Niramatva

- same as Atisara

→ Asadya lax of Graha

- Children → Curable.
- Asadya lax of Atisara → Asadya of Graha
- old age → असाध्य
- Middle age → Krichra.

SHOTHA

→ Introduction

- Shotha is a spectrum of dis having cardinal feature of swelling
- Manifest due to involvement of रस धातु
- It can be local, half body or generalized
- Depending on the site of the lesion, we can able to predict the involvement of different Dhatu.
- Srotas → 1° Rasavaha srotas
- Srotodushti → Sanga & vimargagamana

→ Nidana

1. Consumption of क्षार, आम्ल, तीक्ष्ण, ushna & गुरु by a person who has become emaciated & दुर्बल due to disease & under nutrition
2. Excess use of दही
3. मद विष
4. विरुद्ध आहार
5. अर्श
6. मर्मोपघात (injury to vital parts)
7. प्रतिकर्म मिथ्योपचार (improper following of diet & regimen after treatment.
8. विषम प्रसूति (lady having diff labour)

→ Nidana of Agantu

- Trauma to the body parts with stone, weapon, fire or metals etc

→ Purvarupa

1. उद्गौरव
2. सिरायाम (dilation of blood vessels, vein in particular)
3. दवथु: (Burning sens in affected part)

→ Samanya lax

1. गौरव
2. Ushma
3. Utsedha (globular swelling)
4. अनवस्थितत्वं (unsteadiness of swelling)
5. सिरातनुत्व (thinning of blood vessels)
6. वैवर्ण्यता (discol)
7. लोमहर्ष (Horripulation)

→ Samprapti

निदान सेवन
↓
वात प्रकोप
↓
प्रकुपित वात brings the प्रकुपित रक्त, पित्त & कफ to the exterior in btw त्वक & मांस.
↓
शोथ

→ Bheda

Based on Dosha dominance & other etiological factor — 9 (M.Imp)

1. V
2. P
3. K
4. VP
5. VK
6. PK
7. Sanni
8. Abhighataja
9. Vishaja

Based on Appearance on body parts (चरक)

1. सर्व (All over body)
2. अर्धगात्रज (half body)
3. अवयवज (swelling in 1 part)

① Vataja
- चल (unstable swelling)
- तनुत्वक् (thinning of the skin)
- परुष (Rough)
- Reddish or blackish disc^n of swelling
- Worsening of symptom in day time.
- Rapid disappearance of the pitting on pressure when we do pitting on pressure test

② Pittaja
- मृदु (soft)
- Foul smell
- Yellowish disc^n.
- ज्वर
- तृष्णा
- अतिस्वेद.
- भ्रम
- दाह
- Severe pain on touching the site of swelling

③ Kaphaja
- गुरु (Heaviness of swollen part)
- Yellowish white dis^n.
- अरुचि
- Excess salivation
- Vomiting
- आलस्य
- Worsen symptoms during night time.

→ Lax & site of lesion

(i) Dosha situated in Amashaya
↓
responsible for shotha in (upper part of body)

(ii) b/w Amashaya & Pakvashaya
↓
Middle part of body

(iii) in Pakvashaya → lower part of body

→ साध्य लक्षण

① Not have मांस क्षय
② 1 Dosha involved
③ Short dur^n or recent origin
④ Rogibala > Rogabala

→ असाध्य लक्षण

① Shotha tnt in Middle part of body. (मध्य देश)

② Shotha → All over body
↳ Half body

③ Male → swelling spreading from Feet to upper part
Female → " " " Face to lower part

④ Male & Female → swelling starts from genitals

⑤ Shotha with Upadrava

⑥ Children, Elderly people, weak individuals

AMLAPITTA

→ Intro

- Spectrum of dis where the individual presents with Burning sens^n in the chest & sour & bitter taste in mouth.

→ Nidana

1. विरुद्ध आहार
2. दुष्ट आहार
3. आम्ल, विदाहि
4. foods & drink which vitiate Pitta dosha

→ Samanya laxana

1. अविपाक (impaired di^g)
2. उत्क्लेश
3. तिक्त आम्ल उद्गार.
4. अरुचि
5. Burning sens^n in Throat, chest.
6. गौरव.

→ Samprapti

निदान सेवन

↓

वातादि दोष प्रकोप

↓

Diminition of अग्नि

↓

Development of आम inside GIT.

↓

Localisation of Vatadi dosha & Rasadi dhatu in Annavaha srotas

↓

leading to Acidification of food inside the stomach

↓

it Attains sourness

↓

Amlapitta

→ Bheda

- Depending upon movement of Dosha in body.

1. Urdhvaga.
2. Adhoga

→ Depending upon Dosha dominance.

1. vataja
2. kaphaj.
3. V-K
4. K-pittaja.

① Urdhwaga

- Bitter & sour Eructations
- Vomiting having greenish, yellowish.
- Burning → Throat, chest, Abdomen.
- Burning → soles & palms.
- अरुचि

② Adhoga

- Burning sens^n in Abd
- Yellow dis^c of body
- मूर्छा
- भ्रम
- मोह
- Excess स्वेद

① Vataja

- कम्प
- प्रलाप
- मूर्छा
- तमसो दर्शन (Darkness infront of eye)
- विमोह (Confusion)

② Kaphaja

- अरुचि
- गौरव
- coldness of body
- Kandu
- vomiting

③ V-K → Mixed feature

④ K-P

- Bitter / sour Eructations
- Burning → Throat, chest, Abd
- Vomiting
- अरुचि
- Sweetish taste in Mouth

→ Sadyasadyata

- Recent → curable with much Effort
- Chronic → याप्य

  some time → कृच्छ्र.

MUTRAKRICHRA

→ Intro

- The word मूत्रकृच्छ्र derived from 2 word

  मूत्र → Urine
  कृच्छ्र → difficult

- In मूत्र कृच्छ्र individual face difficulty in passing the urine to exterior..

- The difficulty may in the form of
  i) Difficulty in Mict
  ii) Reduce Amt of Mict
  iii) Burning sensⁿ.
  iv) pain. etc

→ Nidana

1. व्यायाम
2. तीक्ष्ण औषध
3. रुक्ष
4. मद्य
5. प्रसङ्ग (Excess sexual)
6. अध्यशन
7. अजीर्ण
8. नीत्यद्रुत (Excess walking)

→ Samprapti

निदान सेवन
↓
वातादि दोष प्रकोप
↓
Get localised in बस्ति region
↓
Afflict its passage due to ammalgamation of Dosa & Dushya
↓
मूत्रकृच्छ्र

→ Pratyatma lax

1. कृच्छ्रेण मूत्र (Difficulty during Mict)

→ Sankya samprapti

Madhavakara	Sushruta
1. V	1. V
2. P	2. P
3. K	3. K
4. Sanni	4. Sanni
5. Shalya	5. Abhigataja
6. Purishaja	6. Shakrit janya (Purisha)
7. Shukraja	7. Sharkarajanya
8. Ashmarijanya	8. Ashmarija

1. Vataja

- तीव्रार्ति (Severe pain in वङ्क्षण (inguinal))
- Severe pain → बस्ति & Genital region
- मुहुर्मूत्र (void little Amt of Urine)

2. Pittaja

- yellowish / Reddish colored urine
- सदाह (Burning while Mictⁿ)

3. Kaphaja

- गुरुत्व (Heaviness in lower Abd)
- शोथ (swelling in " ")
- पिच्छिल (turbid urine)
- slimy

4. Sannipata

- All clinical feature mention above Mix

5) Shalyaja

- If injury to Mutravaha Srotas, this develops
- This is considerable severe nature
- Clinical features mimics वातज M.K.
- Absence of Mic" as with severe pain
- Clinical feature resemble C. Feat of Vatabasti

6) Purishaja

- Due to suppression of urge of defecation
  ↓
  lead to acc" of faecal matter in large int
  ↓
  lead reverse movement of अपान वात leading to distension of lower Abd.
- Pricking type of pain manifested in
- unable to pass the urine leading to severe pain & diff in passing urine

7) Shukraja

- only in Male
- If Male does suppress of Shukra vega leads to Acc" of शुक्र & there will be vitiation of वात दोष
  ↓
  vitiated vata leads to dryness of शुक्र
- Person pass urine mixed with semen.
- Person have pricking type of pain in बस्ति, Genital, वृषण (testis)
- swelling in genital region

8) Ashmari

- Person have Acc" of conc. & residual urine, urine will be condensed & solidified
  ↓
  develop of Ashmari

- The stone resemble कदंब पुष्प & appears that it त्रपु & श्लक्ष्ण.
- This moves in urinary tract & get stuck lead to obst" to passage of Ur
  ↓
  Dribbling of urine depends on size of Ashmari
- Urine flow out very thin / double stream.

9) Sharkara

- Ashmari produced in Mutravaha Srota may break into smaller pieces.
- (Ashmari) → develop due to influence of kapha.
  पाचन → Pitta
  dries → vata.
  Break into small pieces or gravels & flow out with urine during Mict".
- When they pass in U. tract that leads to severe pain in U. Bladder, pelvis & Cardiac region.
- Tremors
- weak dig fire
- patient develops pain so severe that he may develop मूर्छा while passing Uri

→ Diff Ashmari & Sharkara

- Pathogenesis same.
- Diff in involvement of kapha
- (Ashmari) → kapha will bring all smaller piece together
- (Sharkara) → No role of kapha.

KASA

→ **Introduction**

- One among प्राणवह स्रोतो विकार

→ **Definition**

- कसनात् कास उच्यते ।

  Means the वायु in प्राणवह स्रोतस् is forced out under high pressure making unpleasant sound.

→ **रोगमार्ग**

- आभ्यन्तर

→ **Nidana**

आहारज →
- Consumption of रूक्षान्न
- विषमाशन, विरुद्ध, विदाहि भोजन.
- निष्पाव, माष, पिण्याक, तिल तैल
- पिष्ट, शाल्लूक
- जलज - आनूप मांस
- दधि
- क्षीर } आम (Malformed curd, milk)
- गुरु भोजन
- अभिष्यन्दि and उत्क्लेश कर आहार.
- Intake of food having opp quality (द्वन्द्वा सेवा)

विहारज →
- Exposure to
  - रज (dust)
  - धूम (smoke)
  - वात (cold wind)
- अतिव्यायाम
- अतिव्यवाय
- शीताम्बु सेवन (intake of cold water)

→ **Due to other diseases**

- अतिसार
- ज्वर
- छर्दि
- प्रतिश्याय
- क्षत
- क्षया
- रक्तपित्त
- उदावर्त
- विसूचिका
- अलसक
- पाण्डुरोग

→ **Samprapti**

Ref - च. चि 18.

निदान सेवन
↓
Aggravation of कफ in उर
↓
obstruction to वात
↓
Aggravation of प्राण & उदान वायु
↓
Vitiated वात Enters and fills up the सिरा to Cause contraction & stiffness of नेत्र, पृष्ट, पार्श्व & उरस
↓
कास
↓
which may be शुष्क or आर्द्र with रुजा and sound like Broken Bronze.

→ **Purvarupa**

- शूकपूर्ण गलास्यता (Irritation of throat)
- कण्ठे कण्डू (Itching of throat)
- भोज्यानाम् अवरोध (Dysphagia)

→ **Bheda**

कास
↓
वातज | पितज | कफज | क्षतज | क्षयज

Bheda	laxana	upashaya
① वातज	• शुष्कता (dryness) of → उर, कण्ठ, वक्त्र • शुष्क कास	• स्निग्ध, अम्ल, लवण, उष्ण } अन्न पान

② पित्तज
- पीत निष्ठीव (yellow sputum)
- तिक्तास्य (bitterness of Mouth)
- उरोधूमा (feels as if smoke is coming out of uras)

③ श्लेष्मज
- कास is → बहुल (huge quantity)
  → मधुर
  → स्निग्ध
  → घन

④ क्षतज
- शुष्क कास followed by सशोणित कास
- दुष्ट स्पर्शन (tenderness)
- पारावत इवाकूजन (cooing sound like pigeon)

⑤ क्षयज
- पूयोपम कफ (associated with puss)

→ Sadyasadhyata

साध्य
- वात
- कफ
- पित्त

याप्य
- नव < क्षयज, क्षतज

असाध्य
- पुराण < क्षतज, क्षयज

SWASA

→ **Introduction**

- One among प्राणवह स्रोतो विकार

→ **Nidana**

आहारज →
- Consumption of रूक्षान्न
- विषमाशन, विष्टम्भी, विदाही भोजन
- निष्पाव, माष, पिण्याक, तिल तैल
- पिष्ट, शालूक
- जलज, आनूप मांस
- आम — दधि, क्षीर } consumption
- गुरु, अभिष्यन्दि भोजन

विहारज →
- Exposure to → रज, → धूम, → वात
- शीताम्बु सेवन
- अतिव्यायाम
- अतिव्यवाय

→ **Due to other diseases**

- अतिसार
- ज्वर
- छर्दि
- प्रतिश्याय
- क्षत
- क्षया
- रक्तपित्त
- उदावर्त
- विसूचिका
- अलसक
- पाण्डुरोग

→ **Samprapti**

च.चि 17

निदान सेवन

↓

Aggravation of कफादि दोष

↓

वायु moves in upward dir^{n}

↓

Gives rise to → कास, → श्वास, → हिक्का

→ Bheda

- महाश्वास
- ऊर्ध्वश्वास
- छिन्न श्वास
- तमक श्वास
- क्षुद्र श्वास

Swasa	laxana
① महाश्वास	• उच्चैः श्वसिति संरुद्धो मत्तर्षभ इवानिशम् [Deep breath associated with discomfort and sounds like bull] • विक्षीर्ण वाक् [Feeble voice]
② ऊर्ध्व श्वास	• दीर्घ श्वास [shallow & delayed breathing] • श्लेष्मावृतमुखस्रोता [Adhesion of sputum to mouth]. • ऊर्ध्वदृष्टिर्विपर्यस्त [gazes abnormally up]
③ छिन्न श्वास	• विच्छिन्न श्वसन [Intermittent respiration] • न वा श्वसिति [No resp^n at all] • मर्मच्छेदरुगार्दित [Cutting pain in vital parts]
④ क्षुद्र श्वास	• Subsides on rest • Does not restrict the normal movement of अन्न पान.
⑤ तमक श्वास	Samprapti (see below)

Samprapti

Obstruction of प्राणवह स्रोतस

↓

प्रतिलोम गति of वात

↓

Pervades the entire प्राणवह स्रोतस

↓

Stimulates कफ in कण्ठ and सिर

↓

Causes पीनस & घुर्घुरक शब्द (wheezing sound)

Symptoms

- अतिवेग of कास.
- प्रमोह (darkness in front of eyes)
- कृच्छ्र भाषण (difficulty to speak)
- न चापि निद्रा लभते (does not get proper sleep when he lies down)
- ललाटेन स्विद्यते (sweat in forehead)
- विशुष्क आस्य (Dryness of mouth)

- मुहुः श्वासो (dyspnoe) which aggravate
  on exposure to
  - मेघा → clouds
  - शीताम्बु → cold water
  - प्राग्वात → Eastern breeze.
- Consumption of कफ aggravating factors.

→ **उपशय**

- तस्यैव च विमोक्षान्ते मुहूर्तं लभते सुखम् ।
- Relieves when person spits out the sputum
- आसीनो लभते सौख्यं
  - Relieve in position
- उष्ण
  - आहार
  - विहार

→ **अनुपशय**

- शयन श्वासपीडित - Aggravates in supine position.

→ **साध्यसाध्यता**

- साध्य → Early stage
- याप्य

→ **साध्यासाध्यता**

- साध्य
  - क्षुद्र
- कृच्छ्र
  - महा
  - ऊर्ध्व
  - छिन्न

  } in क्षय

Raja Yakshma

→ **Introduction**

- One among अष्ट महा गद.

→ **Definition**

□ राजयक्ष्मा रोगसमूहानां ।

- Aggregation of collection of diseases.

→ **निदान**

□ इह खलु चत्वारि शोषस्यायतनानि भवन्ति ।
तद्यथा - साहसं संधारणं क्षयो विषमाशनमिति ॥ च.नि. 6/3.

- विषमाशन
- वेगधारण
- साहस
- क्षय

→ **Samprapti**

Obstruction of रसवह स्रोतस due to कफ due to अतिव्यवाय
↓
As a result all dhatus gets depleted due to depletion of शुक्र
↓
leads to शोषण of शरीर
↓
राज यक्ष्मा

→ **प्रतिलोम राजयक्ष्मा**

निदान सेवन
↓
Depletion of शुक्र धातु
↓
Aggravation of वातादि दोष
↓
↑ses पित्त and कफ spreads to all joints and सिराs & obstructs स्रोतस
↓
राजयक्ष्मा

→ **अनुलोम राजयक्ष्मा**

निदान सेवन
↓
Aggravation of वातादि दोषाs
↓
Depletion of जाठराग्नि
↓
leads to formation of more मल and little contribution for ओजस्
↓
Formation of आम.
↓
धात्वाग्नि मान्द्य.
↓
राजयक्ष्मा.

→ **रूप**

त्रिरूप

- ज्वर
- कास
- अस्रगामन

षड्रूप

- कास
- ज्वर
- पार्श्वशूल
- स्वर भेद
- वर्चोभेद
- अरुचि

एकादशरूप.

- कास
- अंसताप
- वैस्वर्य
- ज्वर
- पार्श्वरुजा
- शिरोरुजा
- श्वास
- वर्चोभेद
- अरुचि
- छर्दन रक्त
- छर्दन कफ

OHM AYURVEDA NOTES

HIKKA

→ Introduction

- one among प्राणवह स्रोतो विकार

→ Definition

~~कत्र~~

- which produces indistinct around.

→ Rogamarga

- Abhyantara.

→ Purvarupa

- वदनस्य कषायता
- पार्श्व शूल

→ Types

- महा हिक्का
- गम्भीरा हिक्का
- व्यपेता हिक्का
- क्षुद्र हिक्का
- अन्नज हिक्का

→ Samprapti

निदान सेवन
↓
Agg of वातादि दोष.
↓
कफ moves in upward direction
↓
हिक्का

① महा हिक्का — असाध्य

- सकफोऽनिल : - Due to involvement of वात & कफ.
- सतत – continous
- महामूला –(deep rooted)
- महावेगा, महाशब्दा, महाबला.

② गम्भीर हिक्का — असाध्य

- गम्भीरमनुनादयत् - Excess deep, Painful, resonant sound.
- पार्श्व चांशे समायस्य कूजन स्तम्भस्फादिंत : contraction of body parts especially limbs, producing indistinct sound while holding flanks.

• नाभे पक्वाशयद्वापि हिक्का
Pain starts from navel &
gastric region causing Excess
jerks.

③ व्यपेता हिक्का • या ऽन्नपाने चतुर्विधं — असाध्य
occurs during intake of
4 types of अन्न पान
• आहारपरिणामान्ते भूयश्च
नमते बलम् - seen after
digestion of food.

④ क्षुद्रहिक्का • अतिदुःखा न सा घोर गिरोमर्म — औषध साध्य.
प्रबाधिनी - Doesn't cause trouble.
to patient, neither affects मर्म
• located in हृदय, क्लोम, कण्ठ

⑤ अन्नज हिक्का • पानान्नैः पीडितैः सहसा: — अनौषध साध्य
वात aggravates due to
intake of food.
• Pacifies on consumpt^n of
अन्न

→ Samprapti
Acc. to C.S.chi 17/31

निदान सेवन
↓
Aggravation of वाताादि दोष
↓
Devp of आम in अन्नवह स्रोतस.
↓
Localisation of कफ in प्राणवह स्रोतस
↓
वात leaves its own स्थान and moves upward
↓
वात and कफ gets obstructed in प्राणवह उदकवह &
अन्नवह स्रोतस
↓
हिक्का रोगा.

संप्राप्ति घटक →. साध्यासाध्यता - अरिष्ट, उपद्रव,

OHM AYURVEDA NOTES